

HEALTH PROMOTION & PREVENTION INITIATIVES

NEWSLETTER



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Initiative Spotlight



Remote Soldier Pregnancy/Postpartum Physical Training

The health issue

As postpartum Soldiers resume physical training (PT) and work to lose weight gained during pregnancy, they often find it difficult to pass the Army Physical Fitness Test (APFT) and meet height/weight standards after their pregnancy.



Program implementation

A clinic physical therapist provided individual counseling to pregnant and postpartum Soldiers. The counseling included exercises, precautions, contraindications, managing common musculoskeletal complaints, progression of exercises and postpartum return to activity. The Soldiers were given written materials which reinforced the verbal counseling, videotapes of suggested exercise plans, and personal exercise equipment.

Project findings

- Self-motivation is a critical success factor for sustained adherence to a PT program in the absence of mandated PT time during regular duty hours.
- Significant challenges exist for Soldiers that must complete PT outside of regular duty hours.
- An installation medical resource person is very valuable for Soldiers who must rely on the civilian healthcare sector for pregnancy and postpartum care. This resource person can provide medical advice as appropriate, as well as a military perspective for pregnancy-related medical issues.

To access USACHPPM Pregnancy/Postpartum Physical Training resources, go to: <http://chppm-www.apgea.army.mil/dhpw/Readiness/PPPT.aspx>.

Ideas from the Field

Changing a process: getting buy-in

Make sure to get buy-in whenever a "business process" change (like using a new form) is required. Include the following as you create a plan to achieve change:

- **Communicate.** Don't keep the change a secret.
- **Collaborate.** Consider the change process to be a team effort. Determine everyone who will be affected by the change and **get their input**.
- **Enlist a champion.** Recruit one or more champions for change. It helps if the champion has some clout.
- **Provide education.** The more people know, the more likely they will support a change.
- **Anticipate barriers.** Be ready to describe concrete benefits that will result from the change.

Lesson learned: making small, incremental changes will be easier than trying to make one big change. It is also easier to **modify** a current process than to introduce a brand new one.

Prevention Resources

The Army Physical Fitness Research Institute has assembled a good list of online wellness resources and links for health, nutrition, fitness, and stress management at: <https://apfri.carlisle.army.mil/web/education/links.htm>.

Program Pointers

Building a health promotion team



Organize a multi-disciplinary team to plan, develop, improve, implement, and evaluate health promotion programs at your installation. This team is especially helpful when a program uses multiple disciplines.

Potential team members include:

- Physician (include family practice, pediatrics, emergency department)
- Pharmacist
- Dietitian
- Health promotion coordinator
- Physical therapist
- Public health nurse
- Other health care providers (include both inpatient and outpatient providers)
- Chaplain
- Line leadership
- Utilization management representative
- Community organizations (like MWR, recreation centers, local health departments)
- Army Community Services

Lessons learned:

- Recruit a physician champion whenever possible.
- When a team member leaves, recruit a volunteer replacement, if possible. Use appointed team members only as a last resort.

Don't Reinvent the Wheel!

Health Promotion Resource Guide: Weight Management

<http://chppm-www.apgea.army.mil/dhpw/Population/weightmanagement.aspx>



This Resource Guide provides resources for Weight Management Program (WMP) implementation and evaluation at US Army installations.

The Resource Guide includes fact sheets for WMP needs assessment, core program components, goals and objectives, strategies for obtaining Command support, how to collect WMP follow-up information and participant feedback, and program evaluation.

In addition, the Resource Guide includes a sample lesson plan outline, costs associated with overweight, sample food labels, BMI calculation tools, and slide presentations.

HPPI News & FAQs

Projects selected to receive FY06 HPPI funding



Total applications received: 60
Applications selected for funding: 16

Focus areas of selected applications:

- Electronic health information
- Injury prevention
- Pediatric/teen weight management
- Population health
- STI/STD interventions
- Unit health promotion
- Weight management

Visit the HPPI web page for more information about projects that were selected to receive FY06 funds:

<http://chppm-www.apgea.army.mil/dhpw/Population/HPPI.aspx>.

For more information about HPPI, or to see past issues of the HPPI newsletter, visit <http://chppm-www.apgea.army.mil/dhpw/Population/HPPI.aspx>.

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